

# VIRTUAL PENTATHLON

This virtual pentathlon is made up of 5 different events:

- Shuttle Runs
- Standing Long Jump
- Vertical Jump
- Speed Bounce
- Target Throw

Record your score for each event on the results table.



**This challenge is linked to the School Games value of Self Belief**

How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

**Can you be a Leader?**

- Explain or demonstrate to a member of your household the events
- Teach another member of your household how to take part in each activity and challenge them to a mini competition

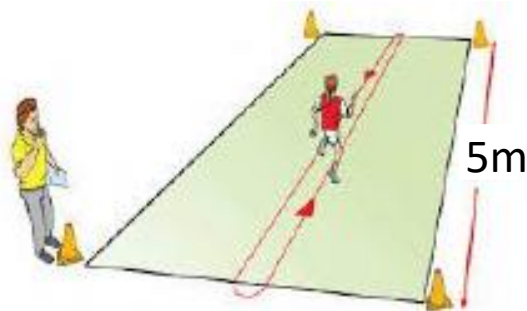
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# VIRTUAL PENTATHLON

## ACTIVITY 1: 20 X 5M SHUTTLE RUNS

- Run 20 shuttles between points 5m apart as quickly as possible
- Each way is one shuttle



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Tape measure
- Cones
- Stopwatch

### BUT WHAT ELSE CAN I USE?

- 30cm Ruler – 17 x to make 5m
- Jumpers
- Watch or phone timer

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### MAKE IT EASIER

- Move the cones closer together
- Do 10 shuttle runs

### MORE OF A CHALLENGE

- Move the cones further apart
- Do 30 shuttle runs

### MAKE IT INCLUSIVE

- Wheel between the 2 points using your wheelchair
- Use your support or someone to help you walk the distance

### SCORING

- Record your time to 2 decimal place in the table (e.g 31.57 seconds)

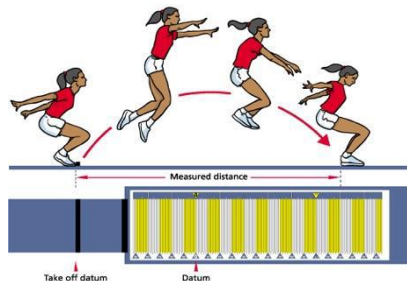
### VIDEO

- Link to video can be found [here](#)

# VIRTUAL PENTATHLON

## ACTIVITY 2 : STANDING LONG JUMP

- Start from standing on two feet in line with the 0 on the measuring tape
- Jump as far as possible and land on two feet
- If you fall or step back you should not record the jump – have another go!



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Tape measure

### BUT WHAT ELSE CAN I USE?

- 30cm Ruler – mark out distance
- Remember 100cm = 1m

### MAKE IT EASIER

- Take off from one foot and land on two

### MORE OF A CHALLENGE

- Add something to jump over to increase the height of your jump

### MAKE IT INCLUSIVE

- If you cant jump you have 2 options:
- As far as you can step in 1 go
- As far as you can go with 1 push in a wheelchair or 3 seconds in an electric wheelchair

### SCORING

- Record your jump in meters to 2 decimal places to the back of your foot (e.g 1.74m)

### VIDEO

- Link to video can be found [here](#)

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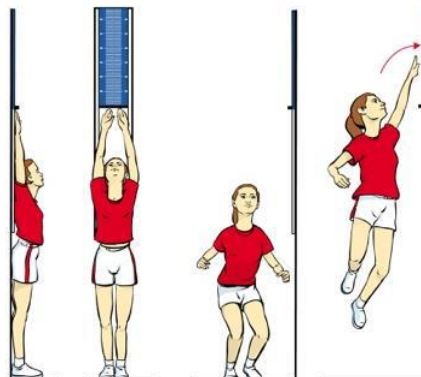
SCHOOL GAMES



# VIRTUAL PENTATHLON

## ACTIVITY 8: VERTICAL JUMP

- Mark height by standing with back and heels against the wall, both arms stretched up and legs straight – stick scale onto wall at this point
- Turn side on and move 20cm away from the wall
- Jump and stick a piece of tape on the scale at the highest point you can manage
- Record the number reached



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Printed Scale
- Tape/post it note

### BUT WHAT ELSE CAN I USE?

- Tape measure or 30cm Ruler
- Blue tack or marker pen

### MAKE IT EASIER

- Take a step in before jumping

### MORE OF A CHALLENGE

- Complete three jumps in a row without stopping and see if you can hit the same point each time

### MAKE IT INCLUSIVE

- Wheelchair users measure their stretch from their head to the tip of their fingers
- Measure from the bottom of the jump – lift feet as high as possible

### SCORING

- Record the height of your jump to the nearest cm (e.g 36cm)

### VIDEO

- Link to video can be found [here](#)

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# VIRTUAL PENTATHLON

## ACTIVITY 4 : SPEED BOUNCE

- Jump over the wedge as many times as possible in 20 seconds
- Speed bounce must be a 2 footed jump – both feet leave the ground simultaneously and land simultaneously



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Wedge
- Stopwatch

### BUT WHAT ELSE CAN I USE?

- Rolled up towel or kitchen roll
- Watch or phone timer

### MAKE IT EASIER

- Remove the wedge and step or jump over the flat line on the floor

### MORE OF A CHALLENGE

- Increase the size of wedge

### MAKE IT INCLUSIVE

- Wheel backward and forward over a line – wheels must clear it!
- Hold on to the back of a chair for stability

### SCORING

- Record the number of bounces you complete (e.g 34)

### VIDEO

- Link to video can be found [here](#)

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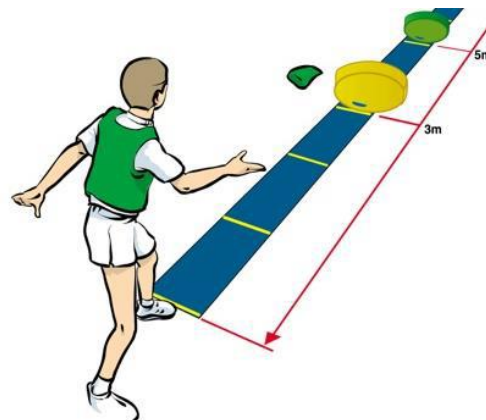


YOUTH SPORT TRUST

# VIRTUAL PENTATHLON

## ACTIVITY 5: TARGET THROW

- Stand behind a line and throw 3 items into a target 3m away.
- Move the target to 5m and repeat the process
- 4 points if your item lands in the target
- 2 points if your item bounces out of the target or hits the floor before landing in the target



### HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

### EQUIPMENT NEEDED

- Tape measure
- Target
- Bean Bags

### BUT WHAT ELSE CAN I USE?

- 30cm Ruler (100cm = 1m)
- Washing Basket, Dogs Bed or bin
- Ball of socks

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### MAKE IT EASIER

- Use a high sided target e.g washing basket or larger target

### MORE OF A CHALLENGE

- Change the target to a flat object on the ground such as a hoola hoop
- Use a smaller diameter target

### MAKE IT INCLUSIVE

- Adapt the target distance or size
- Roll the objects rather than throw

### SCORING

- 4 points for a direct hit
- 2 points for a bounce in or out
- Record your score out of a maximum of 24

### VIDEO

- Link to video can be found [here](#)



# VIRTUAL PENTATHLON RESULTS

**SCHOOL NAME:**

**CHILDS FIRST NAME:**

**YEAR GROUP:**

EVENT	RESULT
1. SHUTTLE RUNS	
2. STANDING LONG JUMP	
3. VERTICAL JUMP	
4. SPEED BOUNCE	
5. TARGET THROW	

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